



## Physical Education – Spring 1 - Cycle B 2023/24 – Class 1 – Y1 Gymnastics 2

<p><b>Knowledge (NC)</b>  <b>FMS</b>          To master a sequence of movements, including travel, rolling and jumping.</p> <p><b>Character</b>          Concentration – To focus on the task of creating a sequence of a travel, roll and jump with a shape.          Self-belief - To focus on what I can improve.          To know I can learn new things and improve it I try.</p>	<p><b>Markers for Assessment</b>          Begin to perform a sequence of movements including a travel, roll and jump.</p> <p>Can perform a sequence of movements including a travel, roll and jump, using apparatus.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Skills</b>          To demonstrate a travel and pencil roll.          To show a jump 2 feet to 2 feet with a straight shape.          To show a jump 2 feet to 2 feet with a tuck jump.          To demonstrate travelling actions.          To show a travel and a roll with a shape.          To jump 2 feet to 2 feet with a wide shape.          To apply the skills of travelling, rolling, jumping into a sequence.</p> <p><b>EYFS Assessment Markers</b>  <b>Y1 – ALL Assessment Markers</b></p>	<p><b>Markers for Assessment</b>          Begin to perform pencil and egg rolls.          Begin to jump 2 feet to 2 feet.          Begin to demonstrate travelling actions.          Begin to perform sequence on a mat.</p> <p>Can jump 2 feet to 2 feet.          Can perform a pencil and an egg roll.          Can demonstrate travelling actions.          Can perform sequence using apparatus.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Prior Knowledge</b></p> <ul style="list-style-type: none"> <li>FMS from EYFS (5) – jumping, rolling &amp; running/walking</li> </ul>	<p><b>Vocabulary</b>          Travel, jump, roll, caterpillar walk, crab walk, bear walk, egg roll, pencil roll, tuck shape, forward, backward, walking, straight shape, wide shape, mat, bench, table</p>		
<p><b>Prior Skills</b></p> <ul style="list-style-type: none"> <li>FMS from EYFS (5) – jumping, rolling &amp; running/walking</li> </ul>			
<p><b>Questions (potential 'hook' questions for lessons)</b>          How high do you think you can jump? Why do you think this?          How can you avoid collisions when moving?          Can you find a way to move from the crab walk into the bear walk?          Can you use a different jump in your sequence – travel, roll, jump?</p>	<p><b>Cross-Curricular/Enrichment</b>  <b>SCIENCE/PSHE</b></p> <ul style="list-style-type: none"> <li>Healthy bodies – exercise for health</li> <li>Gross motor skills development</li> </ul>		